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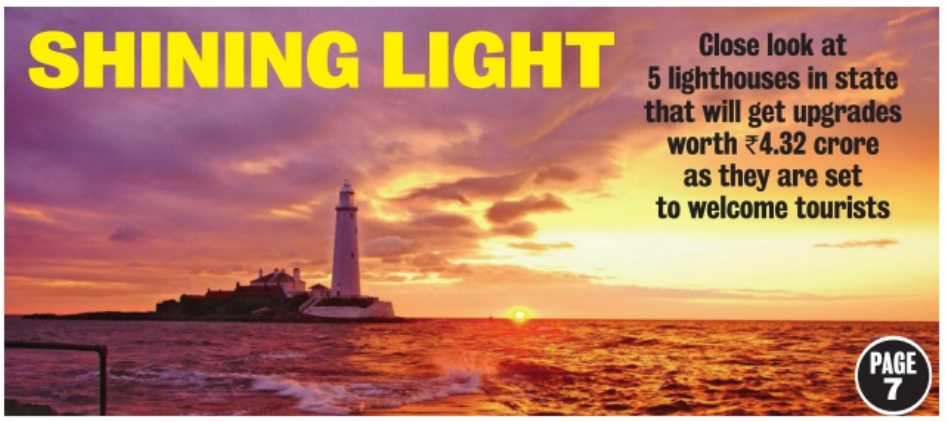
Bangalore Mirror ON SUNDAY

TEMP Max 29 | Min 21 | Humidity 69% Scattered Thunderstorms Sensex 79,705 | Nifty 24,367 | Gold 69,850 | Silver 80,510 | Dollar 83.95 | Euro 91.73 | GBP 106.89

ROAD MONITORS

Traffic police swap their digital tools for traditional uniforms, hit the streets once again to catch violators

PAGE 5



SHINING LIGHT

Close look at 5 lighthouses in state that will get upgrades worth ₹4.32 crore as they are set to welcome tourists

PAGE 7

Though 1962 is helpline for mobile vet services to help farmers who need to access urgent medical care for their animals, the services are only available between 9 am and 5 pm

UNHEARD MENTALITY

Vets not working at night, but they attend to sick animals on humanitarian grounds: official

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Mariswamy, a shepherd from Kattigenahalli, near Handenahalli at Sarjapur, is a troubled man. Earlier this week, a few baby goats in his herd of 30, fell ill. Ashwini Kamalhassan, his daughter, kept dialling the helpline number 1962 for the Mobile Veterinary Services since Wednesday evening. She tried again on Thursday, but the doctors were not available even then.

Finally over the last week, two goat kids succumbed to their illness and help was not anywhere near.

The purpose of 1962 Mobile Veterinary Services is to meet the emergency and critical care demands of livestock across the state. The objective is to help farmers and shepherds by providing medical treatment to the livestock. However, the services are not up to the expectations as they are

CONTINUED ON PAGE 6 »

Mariswamy with one of the goat kids that didn't make it

> "The state government is not serious about providing mobile veterinary services round-the-clock to provide treatment to injured or sick animals
> —Arun Prasad, animal activist

A bit shaken

Data shows with 39 small and medium-intensity quakes in 2022, number of tremors in State higher than past two years

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Permanent seismic monitoring stations in Karnataka have recorded 39 small and medium-intensity earthquakes in 2022, according to the Karnataka State Natural Disaster Management Centre (KSNDMC), the nodal agency in the state for monitoring seismic activity.

The data shows that the state experienced a higher number of small and medium-intensity tremors in 2022 compared with previous years. While 30 such earthquakes were recorded in 2021, in 2020, a mere 23 such events were recorded.

The 30 tremors were experienced in Bidar, Chikkaballapur, Vijaypura, Bellary, Hassan, Kodagu, Dakshin Kannada, Chitradurga, and Kalburgi districts, with the majority of them occurring in Vijayapura.

The tremors are monitored with the help of solar-powered and VSAT-enabled permanent seismic monitoring stations network at 14 locations across the state, including 10 dam sites. The present setup of stations is equipped with state-of-the-art solar-powered VSAT technology, which includes a broadband seismometer, strong motion accelerograph, and a digitizer synchronized with GPS along with associated accessories for data transmission to the Master Control Centre (MCC) at KSNDMC.

The dam sites that are monitored by the centre include Almatti, Hidkal, TB Dam,

CONTINUED ON PAGE 9 »

3 THINGS TO DO

01 Handloom exhibit

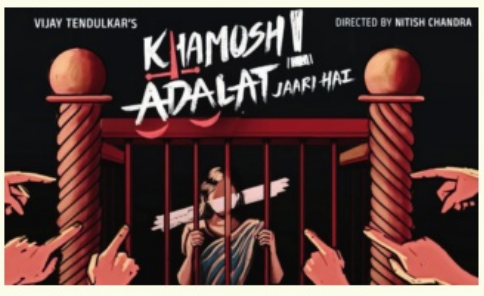
Enjoy the sheer diversity and richness of India's textile traditions at the nation's largest cotton and silk expo, "Handloom India Exhibition." With more than 1,50,000 varieties of sarees and apparel items, weaving displays, and traditions, a walk through the expo is like taking a tour of India's textile colours. The fair has a huge range of eye-catching natural fibre silks, flowy items, sequin-worked blouse pieces, yokes for dresses, sarees, and more.
Where: Srinivasa Sagar Kalyana Mantapa, Jayanagar
When: Until August 13, 11 am to 9 pm

02 Budget highlights

Understand the intricacies of this term's budget with "Let's Talk Budget," wherein Dr Charan Singh will explore the recent Union Budget, a crucial point in India's financial evolution. This first budget from the current administration highlights youth, farmers, women, and the poor, with a focus on employment, skill development, MSMEs, and the middle class. The talk will be followed by a fireside chat with Professor Narendar Pani and a Q&A session.

Where: Bangalore International Centre, Domlur
When: August 11, 11:30 am to 1 pm

03 Courtroom drama



Watch "Khamosh! Adaalat Jaari Hai!," a gripping courtroom drama that exposes societal hypocrisy and the often unjust judicial process. The play revolves around a mock trial that spirals into a real and scathing indictment of the protagonist, Miss Benare, revealing deep-seated prejudices and moral contradictions. It vividly critiques societal norms and the harsh judgement women endure for their personal choices, making the audience question their complicity.
Where: Dr C Ashwath Kala Bhavana, Basavanagudi
When: August 11

High time to safeguard Sahyadri's green cover

Large part of Western Ghats ecologically fragile; environmentalists demand 56,000 sq km of region be notified as eco-sensitive area immediately

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The recent catastrophic landslide in Wayanad has served as a wake-up call for authorities and citizens who have been against the implementation of the Madhav Gadgil report. Eminent ecologists, including Professor Madhav Gadgil, on Saturday, discussed the fragile ecosystem and the need to declare a portion of the Western Ghats (Sahyadri) as an eco-sensitive area (ESA).

Ecologists gathered in the city to discuss issues plaguing the Western Ghats ecosystem. They advocated that the draft notification released by the Ministry of Environment, Forest, and Climate Change (MoEF&CC) last month to declare over 56,000 square kilometres of the Western Ghats as ESA should be notified immediately.

Professor Gadgil said that the Expert Panel report on the Western Ghats prepared in 2013 never proposed a total shutdown of economic activities, including agriculture and tourism. "We had classified the ghat area into three zones based on ecological sensitivity and recommended that commercial activities, including mining and quarries, should be stopped in highly sensitive areas. However, in zones of medium ecological sensitivity, existing commercial activities were allowed with strict regulations and social audits. These activities could have continued in areas of least ecological sensitivity. The report was misinterpreted, and false propaganda was spread about the report," he said.

PM Narendra Modi inspects the landslide-affected areas in Wayanad district on Saturday

"If the area is not conserved and not declared ESA, landslide & mudslide events will become more frequent, rainfall will reduce, and instances of disease will surge –Dr TV Ramachandra, IISc

Professor Gadgil further added, "Activities taken up by locals that have a positive impact on ecology and biodiversity should be incentivised through schemes such as conservation service charges."

Insights into Western Ghats

Dr TV Ramachandra, Centre for Ecological Sciences, Indian Institute of Science (IISc), highlighted that the Western Ghats ecosystem has a rich diversity of flora and fauna and sequesters a large amount of carbon. If the region is not conserved and the status quo is maintained, there will be an increase in mean temperature by 0.5 degree, accompanied by a decline in rainy days.

Notably, a land-cover analysis of the ghats using satellite data by IISc researchers shows that between 1985 and 2015, the evergreen forest cover has gone down by 8 to 10 per cent. "Fragmentation is the biggest threat to conservation, and Western Ghats forests are facing this threat. The above-ground biomass in the region holds 1.23 MGg (million gigagrams) of carbon. However, due to changes in land cover, the annual incremental carbon is over 37K, and the highest is in the forests of the Karnataka part of the Western Ghats. If the area is not conserved and not declared an ESA, landslide and mudslide events will become more frequent, rainfall will reduce, and instances of disease will surge. Loss of green cover will not only reduce rainfall but will also impact water availability and drop in the groundwater table," he said.

Ecologists also underline that for a river to have water throughout the year, more than 60 per cent of its catchment area should have native forest cover. Dr Ramachandra further added that native undisturbed forest cover ensures diverse and abundant pollinators too, which leads to greater crop yield. "We have recorded paddy crop yield to an extent of 14–16 quintals per acre with forest cover in the catchment of a river stream. On the contrary, catchment areas with lower forest cover yielded only 6–8 quintals per acre. A higher yield implies a better livelihood for farmers," he said.

Yet another analysis of the region conducted recently by IISc researchers shows that a large part of the Western Ghats is ecologically fragile. The Ecologically Sensitive Region (ESR) delineation study showed that 63,148 sq km of the area is under significantly higher ecological fragility, 27,646 sq km is high ecological fragility, 48,490 sq km is moderate, and 20,716 sq km is low ecological fragility.

Splash of triumph: Young swimmer sets new record in 1500m freestyle

The crowd erupted in cheers as the scoreboard confirmed Darshan's stunning victory on Friday. At the 40th Sub Junior-50th Junior National Aquatic Championship in Bhubaneswar, a young and determined swimmer, Darshan S, electrified the pool and, with an incredible timing of 16:01:09, set the new national record in the 1500m freestyle. With 16:01:73, the previous record was held by Vedaant Madhavan in 2022.

For Darshan, this achievement is more than just a personal milestone. "It's my first national record, and I feel proud about it," he said with a beam of joy. The journey to this record-breaking moment was paved with early mornings, after-college back-and-forth practice sessions, and a deep-seated belief in his abilities. "It's all the hard work and continued practice," he shared, reflecting on the countless hours spent in the water.

As he stood on the starting blocks on that fateful Wednesday, Darshan knew he was ready. "I was confident enough, and I was telling my cousins and parents that I would win," he recalled. With his earphones in and the world tuned out, he kept his nerves in check, channelling all his energy into the race. It's this calm and composed mindset that has become his secret weapon.

With three gold medals and one silver already under his belt this season, for Darshan, however, this victory is just the beginning. His dreams stretch far beyond the national stage.

Darshan S and his brother Dhakshan S

"Going to the Olympics isn't just about sightseeing; it's about winning a medal for our country. That's the real dream. Both of us, as twin brothers, are aiming for the same goal," he said, filled with determination. Darshan and his brother, Dhakshan S, who are now hoping to compete on the world's biggest stage, first took up the sport on a doctor's recommendation due to breathing troubles.

Expressing his gratitude to his family, his trainer at Basavanagudi Aquatic Centre Rajeev and Prakash, and his college, Jain College (VV Puram), which has helped him balance his academic and athletic pursuits. **-Sanjana CS**

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BBMP to contractors: Clear debris or pay up

City's construction boom worsens waste issues; builders must remove waste or face penalties

Sridhar.Vivan
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Bengaluru's construction boom is driving rapid development, but it also comes with the downside of improper disposal of construction debris. The city is grappling with the challenge of managing this waste, which often remains uncleared. In response, the Bruhat Bengaluru Mahanagara Palike (BBMP) has issued a directive stating that if debris is generated after the completion of a project and is not properly cleared, the BBMP will handle its removal and deduct 150% of the cost from the final bills. BBMP Commissioner Tushar Girinath has outlined this new policy in an order. According to the order, contractors must clear debris from ongoing projects and ensure compliance through regular monitoring by officials. Contractors are also required to prevent debris generation after project completion.

The Commissioner emphasised that these instructions are to be implemented immediately and strictly followed by all zonal commissioners, joint commissioners, chief engineers, executive engineers, assistant executive engineers, and assistant engineers. Jurisdictional executive engineers and assistant executive engineers have been appointed as nodal officers to oversee the implementation of this order.

Bruhat Bengaluru Mahanagara Palike (BBMP) has released new guidelines. "The BBMP has notified its Solid Waste Management (SWM) Bye-Laws accordingly. Section 15 (2) of BBMP SWM Bye-Laws 2020 strictly prohibits solid waste disposal by burning at any premises, roadsides, or any private or public property, including vacant sites, and states that violators will face penalties. Any person is prohibited from throwing, depositing, or causing to be thrown or deposited any solid waste in public places, including water bodies. Section-29 {1(a & b)} prohibits dumping solid waste on vacant plots and construction and demolition (C & D) waste in non-designated locations. It empowers the BBMP to serve notices to waste generators or occupiers of premises and enter the premises to clear the waste if the person served with the notice fails to do so. The BBMP can recover the expenditure incurred and impose penalties up to Rs.50,000/- for dumping solid waste or C & D waste." said a BBMP official.

File photo showing road filled with construction debris

> **Penalty and cleanup costs will be collected as part of property tax, with a separate entry on the receipt. If the payment is not made, interest will be charged** –Official

BBMP officials said that under the powers granted under the SWM Rules-2016, SWM Bye-Laws 2020, and the BBMP Act 2020, the BBMP has issued the following directives. Zonal offices are required to identify all vacant sites, plots, and public places where solid waste, construction and demolition (C&D) waste or other unsanitary conditions are present, including areas overgrown with harmful vegetation or trees that pose a health risk or are offensive to the community. Penalties will be imposed according to the specific violations outlined in Schedule VII of the SWM Bye-Laws. A notice will be issued, giving the responsible person, owner, or occupier seven days to clear the site. If they fail to comply, the BBMP will take action to clear the area and will issue a PT recovery notice. This notice will detail the penalty and the costs incurred for the cleanup and the fine for not complying with the initial notice. The recipient will have another seven days to make the payment. "The penalty and cleanup costs will be recorded and collected as part of the property tax, with a separate entry on the receipt. If the payment is not made within the specified period, interest will be charged as determined by the Zonal Commissioners", added an official.

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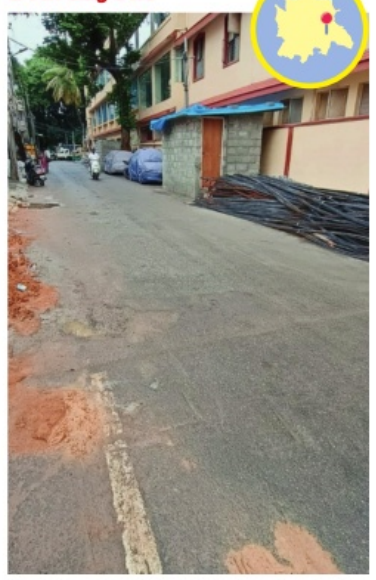
Building violations
BTM Layout



Two private rooms are constructed right on the road in Vysya Bank Colony, BTM 2nd Stage, 1st Cross, where heavy traffic is common during peak hours. There appears to be no authority addressing these illegal constructions.

Piping disruption
Ulsoor

In Ulsoor, the BBMP has been working on piping for the past 20 days. The condition of the area, which includes 3–4 playgroups and nurseries, is so poor that residents find it difficult to walk safely with children on these streets.

PUBLIC NOTICE

This is for notice of the general public that a political party is proposed to be registered by the name of **"JANATHA CHALUVALI BHARATHA"**. The office of the party is located at **"NO. 918, 1ST FLOOR, 9TH 'A' CROSS, 2ND MAIN ROAD, KAVERIPURA, KAMAKSHIPALLYA, BANGALORE-560079"**. This party has submitted an application to the Election Commission of India, New Delhi for its registration as a Political Party under Section 29A of the Representation of People Act, 1951. The names and addresses of the office bearers of the Party are as follows:

President: Mr. Obaleshappa B.T.
R/o. No.36, 1st Main Road, 6th Cross, Attur Layout, Bangalore, Karnataka-560064.

General Secretary: Mr. Altin Anthony Raj
R/o. No.1442, St. Joseph Colony, Begur Main Road, Canara Bank, Begur, Bangalore, Karnataka-560058.

Treasurer: Mr. Thejorama Shetty
R/o. No.918, 1st Floor, 9th 'A' Cross, 2nd Main Road, Kaveripura, Kamakshipallya, Bangalore-560079.

If anyone has any objection to the registration of **"JANATHA CHALUVALI BHARATHA"**, they may send their objection with reasons thereof to the Secretary, Election Commission of India, Nirvachan Sadan, Ashoka Road, New Delhi-110001 within 30 days of the publication of this notice.

Incomplete canal work causes ongoing flooding

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Residents of MS Ramaiah North East County and BEL Layout in Avalahalli, Bengaluru North, have contacted the area Tehsildar seeking relief from flooded streets every time it rains.

Residents say this never-ending ordeal is due to incomplete rajakaluve work meant to connect Avalahalli Lake and Krishnaraja Sagar Lake. The local Gram Panchayat began the project but halted it midway, causing ongoing issues for hundreds of families in the area and neighbouring residential societies.

"After the rajakaluve digging work was abruptly stopped due to confusion regarding survey results from last year, the residents are again experiencing water logging besides the entry of sewage into Avalahalli Lake. The inlets of the lake are clogged with solid waste. Unless Krishna Sagara Lake, situated on elevated terrain, is connected to Avalahalli Lake at a lower level, the waterlogging problem will not be addressed," said an MS Ramaiah North East County resident.

In October 2023, the residents of various apartments around Avalahalli Lake met Revenue Minister Krishna Byre Gowda with a request to survey the connecting rajakaluve and its rejuvenation. With the Minister's recommendation to the Revenue Department to carry out the survey, residents approached the department in November 2023 and requested that a survey be conducted at the earliest, which was conducted in February 2024 by the Office of the Assistant Director of Land Records & Survey Settlement (ADLR).

MS Ramiah NE County Yelahanka

Immediately after the survey report was released by ADLR, the Panchayat Development Officer of Singanayakkanahalli gave a work order, which went on well for about 500 metres. However, the work was stopped after that.

According to Singanayakanahalli Panchayat, the work was stopped due to objections raised by a handful of residents. Officials have informed that five residents with their land property, purportedly coming in the survey, have objected in writing to the continuation of the ongoing work, alleging that the rajakaluve is passing through their sites.

"There are around 200 families in MS Ramaiah North East County and nearly 150 families in BEL Layout. During heavy rain, the streets of both layouts flood, and the issue has persisted for more than a decade. We are petitioning the tehsildar to restart the work and put us out of our misery," said V. Selvarajan, founder of Green Circle, a citizens' association working towards the development of Avalahalli Lake.

Cops are back on roads: New era or retro move?

Equipped with handheld devices, police are checking for traffic violations in Bengaluru

In a surprising turn of events, Bengaluru's traffic police have swapped their digital tools for traditional uniforms, hitting the streets once again after a year and a half of AI-powered surveillance. This reintroduction of on-ground policing is stirring up conversations across the city.

For the past 18 months, the city's traffic violations have been largely monitored and fined through automated systems. Cameras caught offenders, and penalties were booked through the online site. Yet, with some motorists violating the traffic rules and ignoring fines, the need for human intervention has resurfaced.

Traffic officers are now visible at major junctions and busy intersections throughout Bengaluru. Equipped with handheld devices connected to the central traffic database, they are checking for violations and ensuring fines are addressed immediately, either on the spot or through online payment systems. This strategic shift aims to address a rise in traffic offences reported in recent months.

The focus of this renewed enforcement effort spans a wide range of violations, from the basics like helmet and seat belt use to serious infractions like wrong-side driving. With 2,845 traffic accidents reported in the first half of 2024, the urgency of this initiative is clear. Particularly in just one day, 149 traffic violations were recorded in the south division alone. Shiv Prakash Devaraju, DCP Traffic (south division), stated, "City traffic is monitored in three ways. We had restrictions on enforcement, but over the past month, we've ramped up a special drive, catching various violations daily. Regular checks are now in place, and with the increase in complaints about wrong-side driving, we're taking additional action."

City traffic police checked traffic violators in Bengaluru on Friday

The public's reaction to the traffic police's return has been mixed. Some drivers welcome the increased safety and vigilance, while others are frustrated by the unexpected shift from automated to human enforcement. As Bengaluru adjusts to this new (or rather old) approach, residents can expect to see more traffic officers working to uphold the rules of the road.

–Sanjana CS

Information at fingertips: QR-coded smart DLs & RCs

Gone are the days of carrying bulky paper documents or fending off forgotten details as the format of driving licences (DL) and vehicle registration certificates (RC) is set to change to smart cards.

The new DL and RC will feature an embedded microchip containing the driver's information and vehicle details, along with a QR code for easy verification. Made of polyvinyl chloride (PVC) material, these smart cards will have lifetime validity.

The Ministry of Road Transport and Highways (MoRTH) has established a rule to standardise DL and RC formats across the country. Following MoRTH guidelines, the state transport department has initiated the tender process to select a private agency for printing and distributing DL and RC, aiming to finalise the contractor by the end of this month and begin issuing the new DL and RC in September.

The department plans to issue 70,000 DL and 1.5 lakh RC smart cards each month and has already started training its staff to manage the issuance of these new smart cards. An official said, "In addition to the existing information, the new DL will also have their mobile number, emergency contact, identifying body marks such as scars and tattoos, and indicate if the person is an organ donor."

The DL and RC will also record traffic violations, detailing the date, time, location, type of violation, the penalty imposed, and details of the driver or owner responsible. This information will be updated by the transport department as needed. "A QR code on the DL and RC can be scanned to access all this information, ensuring that all pertinent details are readily available and easily verifiable." –BMB

Mukesh Tyagi is new IG at CEDCO-BSF

Mukesh Tyagi, DIG, assumed charge of IG (Designated) at CEDCO BSF Bengaluru and STC BSF Bengaluru on Friday. Officer of the 1989 Direct Entry AC(DE) batch, he holds an M.Sc. Physics in Electronics with Ist Division and a PG Diploma in Human Resources. He carries exemplary professional skills and was instrumental in providing uninterrupted communication in the Kashmir Valley during the peak militancy period. He was Director/ Principal of Rustamji Institute of Technology, the only Engineering & Technology Institute of CAPF; for more than four years.

Egg-ravating scene at anganwadi

Two Anganwadi workers faced suspension for their alleged misconduct during a midday meal in Koppal district on Friday. The workers were accused of removing eggs from children's plates after recording videos and capturing pictures of the meal being served. The incident came to the attention of authorities when the videos circulated on social media.

As per government guidelines, eggs are a compulsory component of the midday meal provided in anganwadis and government schools. The Women and Child Development Minister, Laxmi Hebbalkar, instructed department officials to suspend the two workers and also called for the suspension of Koppal's child development project officer, and a notice was to be issued to the deputy director of the district. She requested a comprehensive report on the case, emphasising that

Criticising the incident Sudhanva Kumar, a child rights activist, said, "This act of deception not only jeopardises the well-being of the children but also erodes public confidence in a programme designed to support the most vulnerable in our society."–BMB

Tips to keep fungal infections in check this monsoon

The monsoon offered relief from the scorching heat with cool weather and refreshing showers. However, it also brings with it an increased risk of fungal infections. City dermatologists said they have already witnessed a 10 per cent rise in fungal infection cases. This number typically rises to 100 per cent at the peak of the monsoon because people do not take precautions.

Experts warn that fungal infections become rampant in hot and humid conditions. "In the peak monsoon, there is a surge in cases. In most cases (80%), Trichophyton mentagrophytes is the fungus causing common skin infections such as athlete's foot, ringworm, jock itch, nail infections, and scalp infections. It can survive for around 25 weeks in wet clothes, typically in towels and undergarments," an expert said.

We advise patients and the public to keep towels and garments in direct sunlight for 8–10 hours, as UV rays in sunlight kill fungus and bacteria, the expert said. "If there is no sunlight, one can wash clothes in 70-degree Celsius hot water for 45 minutes or apply a hot iron to both sides of clothes to kill the fungus," he added. He also advised not to use antifungal and antibacterial soaps. "Often, people use such soaps, thinking they will protect them. But antifungal soaps can lead to resistance, while antibacterial soaps can kill the beneficial bacteria on the skin that protect against infections," he added.

Another health expert said, "We see that people usually apply steroid creams to fungus, which slows down the immune response of the body and increases the risk of fungal growth, making it resistant to antifungal creams. People should not apply any over-the-counter cream," he added.

"To stay safe from fungal infections, shower daily and dry thoroughly, especially in skin folds. Change wet clothes promptly. Choose loose-fitting, breathable clothes made of natural fabrics like cotton. Do not share towels, clothes, or shoes. Wash socks in hot water. Maintain a healthy diet rich in vitamins and minerals, and drink plenty of water to stay hydrated. Consult a healthcare expert if you notice signs of a fungal infection, such as red, itchy, or scaly patches on the skin," a health care expert added. –BMB

Everybody loves a good Davanagere Benne Dose

No GI tag for delicacy that originated in Davanagere as it is available everywhere and has become generic item

Sridhar.Vivan
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TWEETS @sridharVMIRROR

Among the many popular varieties of Doses available in the state, Davanagere Benne Dose stands out. Although it originated in Davanagere, specialised Dose houses serving this delicacy can now be found across the country. Recently, however, the Centre announced that it cannot grant a Geographical Indication (GI) tag to Davanagere Benne Dose.

In a recent Lok Sabha session, Union Minister of State for Commerce and Industry Jitin Prasada explained that while Davanagere Benne Dose is highly popular throughout Karnataka, including areas beyond Davanagere, its widespread availability has rendered it a generic item. The uniqueness required for a GI tag is diminished because the Dose is now produced in multiple locations, losing its distinct regional identity. For a product to qualify for a GI tag, it must be unique to a specific region, encompassing specific production processes, climatic conditions, soil, and ingredients. It should also have an ancient documented history and traditional skills passed down through generations.

Prasada noted that the GI tag is intended to preserve traditional methods and ingredients while emphasising the unique identity of regional products. However, geographical indication is defined as a sign indicating that goods originate from a specific place, where the quality or other characteristics are attributable to that geographical origin. This includes agricultural, natural, or manufactured goods originating from a particular area where some aspect of production or preparation occurs.

The Minister clarified that the Office of Geographical Indications Registry has not received an application for the registration of Davanagere Benne Dose as a Geographical Indication. Registration is not a voluntary act but a legal process under the GI Act and Rules. An application must be submitted to the Registrar of Geographical Indications by a producer's association or an organisation representing the producers. This application must comply with the requirements set out in the Geographical Indications of Goods (Registration and Protection) Act, 1999, and the Geographical Indications of Goods (Registration and Protection) Rules, 2002.

GI tag is intended to preserve tradional methods and ingredients, while emphasising the unique identiy of regional products

GI tag plays a crucial role in stimulating the local economy by promoting local culinary traditions, boosting tourism, and creating job opportunities. It helps preserve cultural heritage while providing legal protection to unique regional products, thereby contributing to the socio-economic growth of the country.

Meanwhile, the Chikkaballapura blue grapes which has GI tag producing regions have experienced significant challenges due to excessive rainfall during the 2021-22 and 2022-23 seasons. The heavy rains have led to a reduction in the cultivated area and a decrease in overall production. Moreover, the quality and shelf life of the Chikkaballapura blue grapes have deteriorated as a result of the increased water content caused by the continuous rainfall. The high relative humidity during this period has also contributed to a higher incidence of downey mildew and powdery mildew diseases affecting the crops. Consequently, these factors have negatively impacted the demand for Chikkaballapura blue grapes, resulting in financial losses for the farmers.

Vet is out: Can your emergency wait?

CONTINUED FROM PAGE 1

available only between 9 am and 5 pm. Mariswamy is among the several poor farmers, who have been affected due to the lack of medical facilities for their animals.

"I contacted 1962 over the phone at 5.30 pm on Wednesday. The person at the call centre asked me to contact them the next morning. I tried to contact the call centre (1962) from 9 am on Thursday but no one responded till 10.30 am," said Ashwini.

Ashwini said that the veterinary doctor told her that he had rushed to Bannerghatta to attend to some emergency cases and promised her to visit Kattigenahalli after 2.30 pm. "Finally, the veterinary doctor visited our home and provided medical treatment to some goats and a few baby goats. Had the veterinary doctor been available on Wednesday evening, I would have saved a baby goat that was sick and died on Thursday morning," she said.

Dr Siddappa, the vet, who visited Ashwini's house and provided treatment to goats and baby goats, said that he could not provide treatment to the ailing baby goat on Wednesday evening as his duty hours ended at 5 pm. "I had to rush to Bannerghatta to attend to six sick dogs and two cows. I have advised Ashwini to contact me if any of her goats fall sick," said Dr Siddappa.

When informed, Animal Husbandry and Veterinary Services Assistant Director (Anekal) Dr MR Ravi said that farmers can contact the veterinary doctors residing at the headquarters during the emergencies at night. "The veterinary hospitals function between 9 am and 4 pm and the 1962 Mobile Veterinary Services function between 9 am and 5 pm. Though there is no provision for veterinary doctors to work at night, they attend to sick animals on humanitarian grounds," said Dr Ravi.

Bengaluru Urban Deputy Director of Animal Husbandry and Veterinary Services Dr Chandrasekhar said that 1962 Mobile Veterinary Services function between 9 am and 5 pm. "Farmers and shepherds can contact veterinary doctors during emergencies at night. If it is required, the veterinary doctors can attend to ailing animals," said Dr Chandrasekhar.

However, Arun Prasad, animal activist, begs to differ with the authorities of Animal Husbandry and Veterinary Services. "The state government is not serious about providing mobile veterinary services round-the-clock to provide treatment to injured or sick animals. Many farmers are suffering due to non-availability of mobile veterinary services after 5 pm," said Arun Prasad.

Padayatra concludes with mudslinging from both sides

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Former CM and Belagavi MP Jagadish Shettar joined the BJP–JD(S) Mysuru Padayatra

The padayatra politics concluded with the Bharatiya Janata Party-Janata Dal (Secular) padayatra reaching Mysuru on Saturday. However, during the entire padayatra, one could see mudslinging between both sides and sharp, personal attacks made by Deputy Chief Minister DK Shivakumar on former CM HD Kumaraswamy and vice-versa

The combined opposition of BJP and JD(S) concluded their week-long protest march in Karnataka on Saturday with a mega rally in Mysuru. The padayatra, which began in Bengaluru, aimed to highlight the alleged fraudulent allotment of sites by the Mysuru Urban Development Authority (MUDA), including to Chief Minister Siddaramaiah's wife Parvathi. The opposition demanded the resignation of the CM over the alleged 'scam' and vowed to continue their agitation until he steps down.

Leaders from both parties, including veteran BJP leader B S Yediyurappa, JD(S) leader and Union Minister H D Kumaraswamy, and several other prominent figures, participated in the final day's rally at Maharaja's College Grounds. They accused Siddaramaiah and his government of indulging in 'loot' and 'daylight robbery' and challenged him to dissolve the Assembly and face polls if he had the courage.

Kumaraswamy emphasised that the BJP and JD(S) were united in their fight against the 'corrupt' government and would continue their efforts until the government was removed or brought on the right track. He also questioned the legality of the sites allotted to the CM's wife and the land transaction involving the CM's brother-in-law.

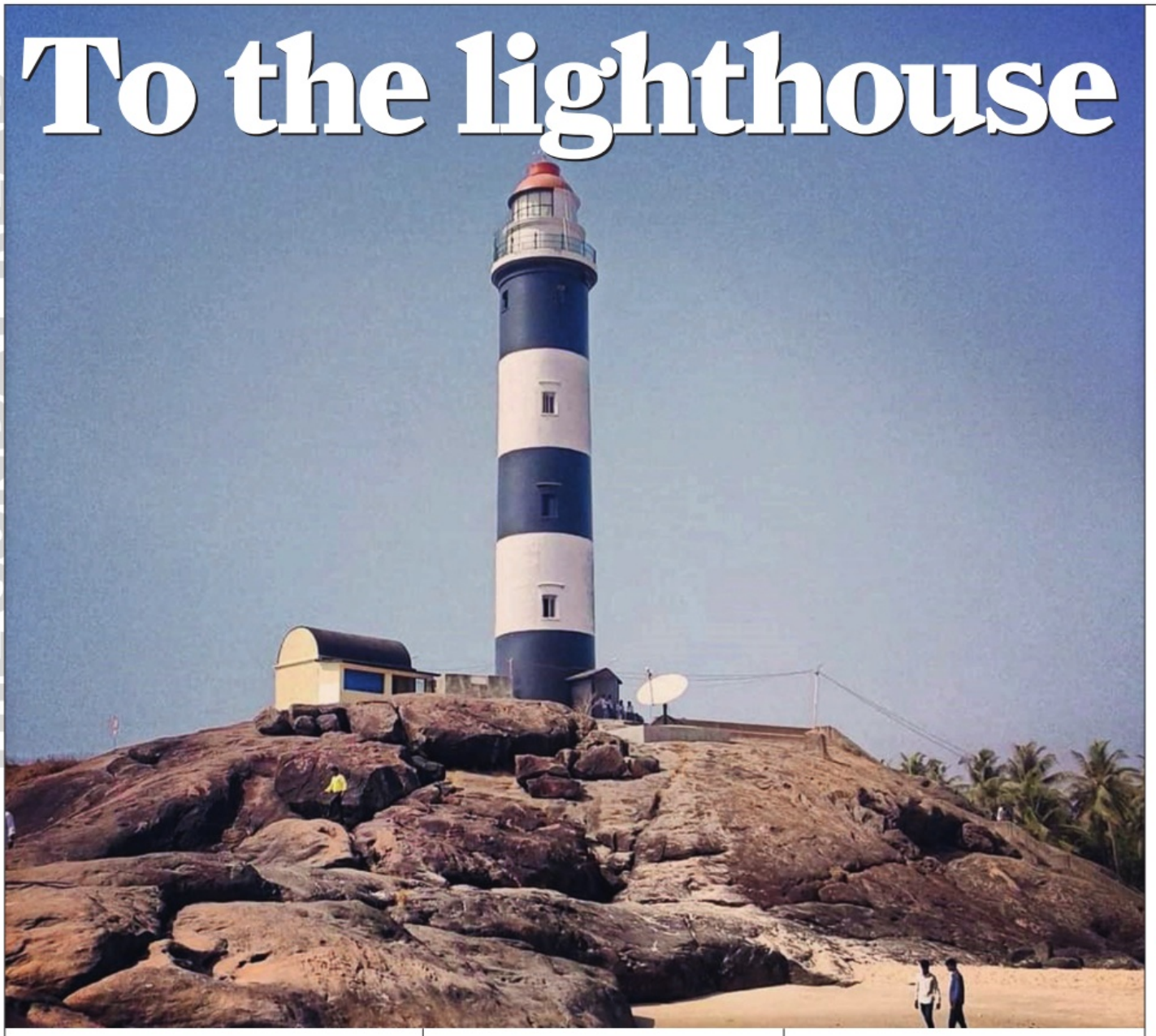
BJP State President BY Vijayendra accused the CM and his government of trying to threaten the opposition with false corruption charges and challenged them to prove the allegations of scams against the opposition.

In response to the opposition's allegations, CM Siddaramaiah stated that the Karnataka government would not spare anyone guilty of corruption, regardless of their position or influence. He accused the BJP and JD(S) leaders of harbouring the illusion that destroying his image would give them a political advantage and warned that the government would expose their numerous scams.

CM also mentioned that the Congress had organised 'Jan Andolan conventions' to convey to the people that the allegations against him were false. He remained firm in his stance, stating that he would not bend to the opposition's demands based on false allegations.

THE SUNDAY READ

To the lighthouse



Five of Karnataka's centuries-old lighthouses are now open for tourism; they offer breathtaking coastal views and modern features, including online ticketing system

| Sridhar.Vivan
timesofindia.com

TWEETS @BangaloreMIRROR

Five lighthouses in Karnataka have been chosen for lighthouse tourism. Union Minister for Ports, Shipping, and Waterways, Sarbananda Sonowal, announced that a total of 75 lighthouses across 10 states and union territories in the country have been selected and developed for tourism. The central government has invested Rs. 4.32 crore in upgrading these lighthouses in Karnataka. The projects have been completed and were officially inaugurated on February 28, 2024. Central budget grants have been used for their maintenance and upkeep, and an online ticketing system is being developed to enhance visitor access.

History of lighthouse

An official highlighted the significant potential of lighthouse tourism, noting that lighthouses offer not only a beacon of light for mariners navigating dark seas but also serve as stunning viewpoints for photographers capturing the ocean's beauty. "Typically consisting of a tower or building equipped with a system of lamps and lenses, lighthouses assist in navigation by marking dangerous coastlines, hazardous shoals, reefs, and safe harbour entries. They have long provided reliable navigational aid along the Indian coastline, each with its unique characteristics. Historically, shipping has been essential to global commerce. In ancient times, mariners relied on burning piles of wood and coal atop high coastal rocks or mountains to guide their vessels. As sailing technology advanced, these fires were replaced by wick burners and oil lamps. The Industrial Revolution in the 19th century ushered in the era of propeller-driven ships and the development of lighthouses equipped with optical lens systems. These systems focused light into powerful beams, marking a significant technological leap. Today's modern lighthouses utilise revolving optical systems and high-efficiency metal halide lamps, which are powered by renewable energy sources like solar and wind. However, in recent years, radio aids to navigation have emerged, evolving from medium frequency radio beacons and direction finders with a coverage of up to 300 km to the global positioning system (GPS) enabled by satellite communications. The advent of satellite technology in the 1980s has led to the replacement of earlier radio beacons with the differential global positioning system, which provides real-time corrections and enhances navigational accuracy", added the official.

Kaup Lighthouse

The Kaup Lighthouse, constructed in 1901, stands as a prominent structure with its 34-metre high circular stone masonry tower, adorned with black and white bands. It flashes every 20 seconds, providing a range of 24 nautical miles. The tower rises 43 metres above mean sea level and features a 700 mm second-order revolving optic assembly housed within a 3.6-metre diameter lantern house. Initially, the lighthouse was built with an interior masonry lining that was elevated to form a murette, while the external masonry supported a cornice projection creating a platform around the murette. The original second-order optic assembly and PV light equipment, supplied by M/s Chance Bros of Birmingham, were installed and the lighthouse was commissioned in April 1901. Originally painted white, the lighthouse underwent a general improvement in 1935, resulting in the tower being painted with black and white bands. Further upgrades have been made over the years: in March 1996, the PV light source was replaced with a 230V 400W metal halide lamp, which was later replaced by a cluster of three 70W 230V metal halide lamps in July 2003. By August 2004, both the emergency and main light sources were updated to clusters of three 150W 230V metal halide lamps.

> **In ancient times, mariners relied on burning piles of wood and coal atop high coastal rocks or mountains to guide their vessels**
>
> – Official

Bhatkal Lighthouse

The Bhatkal Lighthouse, standing 14 metres high, is a square masonry tower with a height of 56 metres above mean sea level. It flashes every 20 seconds and has a range of 27 nautical miles. The lighthouse is equipped with a 250 mm fourth-order revolving optic within a 1.80-metre diameter lantern house. The history of the lighthouse dates back to 1891 when a stone masonry column was constructed and a wick lamp placed inside a lantern was used. In 1936, a white masonry tower was erected at the site. Between 1956 and 1958, significant upgrades were made, including the construction of a new masonry tower, an auxiliary light cabin, and a fog signal baffle wall. These improvements culminated in the commissioning of the main light, auxiliary light, and fog signal in April 1959. In March 1995, the emergency Dissolved Acetylene (DA) gas light was replaced with a flashing 100W, 12V halogen lamp installed separately within a 300 mm optic.

Surathkal Lighthouse

The Surathkal Point Lighthouse, standing 36 metres tall with its distinctive red and white bands, flashes every 10 seconds and has a range of 31 nautical miles. It features a square masonry tower with a height of 42 metres above mean sea level. The lighthouse is equipped with a 500 mm (third-order) revolving optic housed within a 3.0-meter diameter lantern house.

Construction of the lighthouse was completed in 1972. Initially, it was equipped with a 3000W 110V incandescent lamp, which was replaced by a 400W 230V metal halide lamp in April 1998. The light source was later upgraded to a cluster of three metal halide lamps in April 2003 and subsequently changed to a cluster of three 150W 230V metal halide lamps in August 2004.

Kundapura Lighthouse

The Kundapura Lighthouse features a 30-metre tall circular Reinforced Cement Concrete (RCC) tower and flashes every 10 seconds, with a range of 18 nautical miles. Standing 35 metres above mean sea level, it uses a 12V/50W halogen lamp for illumination, with partial energy provided by solar power. Originally commissioned in 1888, the lighthouse has undergone several updates, including innovations in 1894, 1965, and 2007.

Tadri Lighthouse

The Tadri Lighthouse, with its 9-metre-high hexagonal stone masonry tower, flashes every 20 seconds and has a range of 18 nautical miles. Positioned 38 metres above mean sea level, it utilises 12V/50W halogen lamps powered by fully solar-charged batteries, making it a fully automated remote station. Initially commissioned in 1942, the lighthouse has seen updates and innovations in 1951, 1979, and 2008.

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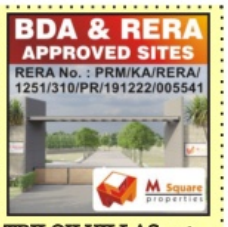

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Water movement underground cause of state's tremors

Supa, Linganmakki, Hemavathi, KRS Dam, TG Halli, Gundal, and Harangi.

Rain or reservoir-induced

According to city-based seismologists, Karnataka falls under a low-probability seismic zone. Thus, most of the tremors are either due to rainfall or reservoir-induced.

"A majority of the seismic activities in Karnataka are due to rainfall and water movement under the ground. These events mostly follow episodes of extreme rainfalls.

The frequency of these tremors reduces once the regional groundwater table and ground settles," said a seismologist.

Experts say while it is important to keep track of the ground motion records emitted by small earthquakes from a wide area, it is equally important to create awareness about these events among the local population.

"Disseminating earthquake information among the common public and their capacity building holds the key in the management of these events. While the number of quakes appears to have gone up compared with the last two years, it is not a matter of concern as the strongest tremor felt was of magnitude 4.4.

More often than not, these activities are triggered by dams due to an increase in volume after rainfall," added the expert.

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CHANGE OF NAME

I Vineeth Vinod Kumar/At No.209,chitrakut Dham Byrasandra Main Road G M Playa C V Raman Nagar Bengaluru 560093, I Have Changed My Name From Vineeth Kumar . To Vineeth Vinod Kumar Vide Affidavit Dt:07-08-2024 Sworn Before Notary Lawyer Mr.Meer Hassan Bangalore.

I, Priya Bharat Revankar, M/o Ram, R/at No. 24/250, LIC Apartments, Jeevan Sathi Colony, J P Nagar 1st Phase, J P Nagar, Bengaluru-560078, have changed my son's name from Ram to Ram Bharat Revankar vide affidavit dated 09/08/2024 before Notary Sivakumara.M. N, Bengaluru.

I, K Shantha Bai Mother OF K Shankar R/O inkarguda, adilabad, telangana have changed my name from K SHANTHA BAI TO DURGAM SHANTHA BAI vide affidavit dated 19 jul 2024 for all purposes.

I, Chandrakala Wife Of K Shankar R/O inkarguda, adilabad, telangana have changed my name from Chandrakala To Durgam Chandrakala vide affidavit dated 18 jul 2024 for all purposes.

I, Rekha Patil, No-872,13th A cross, chandra layout, Nagarabhavi 1st stage, B'luru-560072 have changed my name to Rekha Shridhar Hamasagar for all purposes.

I, Matheen R/o No 339/2 2nd cross kanakangara, Near momin masjid hosakote Bangalore 562114 have changed my minor daughter's name from Rida to Rida Fatima.

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BENGALURU SPEAKS

and gets heard on this page

STORYBEHINDTHEPHOTO

White pearls Extremely delighted to see these raindrops on a colourful leaf

The picture was clicked by BM reader **Vijita Asher**

If you have a picture and a story to share, send us the picture with your name and number at **mybangaloremirror@timesofindia.com**

DID YOU KNOW?

Commercial whalers almost drove sperm whales extinct by using their blubber and the special oil that came from the "spermaceti organ" in their enormous heads, which was an essential component of their echolocation mechanism.
From the equator to the edge of the pack ice in the Arctic and Antarctic, they can be found in all deep waters.
They get their name from the waxy material (spermaceti) that is found in their heads. An oil sac called the spermaceti aids in the whales' ability to focus sound. Spermaceti was utilized in lubricants, candles, and oil lamps. Sperm whale populations are still increasing even if whaling is no longer a significant danger.

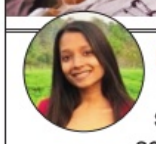
GET HEARD WITH MIRROR 9591233247

Let's see how much you know about Namma Bengaluru, folks. Tell us something incredible and mind-boggling about this beautiful city and our editors and researchers will check it out. If it's credible, we'll give it a shout-out, with your name and picture.

TAPTHECHATTER

where Bengalureans speak their mind

How has the cafe culture in Bengaluru contributed to the city's social scene, and are there any iconic cafes that are a must-visit for tourists?



Suhani
Cafes are convenient laid-back spaces that don't require a lot of social battery and therefore work for such a busy city's social scene. Boba Tree, Glen's and DYU art cafe are my favourites.

Priyantika
Cafes are a must when you visit Bengaluru. Especially the huge student population here is keeping the cafe culture hyped. Hole in the wall cafes is 10/10 recommended.

Snigdha
Cafes are the backbone of wanting an ambient yet affordable place for social events and solo hangouts. In Bengaluru, Cafe Coffee Day ruled for a long time and Starbucks too tried their hand at the market until Third Wave arrived and took over the city.

Surbhi
I love Third Wave and would definitely recommend the chain to anyone coming in. That said, I'd urge tourists to visit local Brahmins cafes and dosa eateries to get the full Bengaluru experience.

Riya
There are always people out on the streets looking for cafes, especially in places like Koramangala and JP Nagar. There are so many cafes with various themes which makes Bengaluru a fun place for students.

Esita
Many cafes are used for the sole purpose of work, where people get together and sit for hours together to be productive. I personally like DYU art cafe and Third Wave because it is perfect to get some work done.

SPEAK TO US

How accessible are educational institutions & healthcare facilities in your area?

If you want to be featured in this section tomorrow, mail us your answer to this question, in 25 words, by 5 pm today, with 'Tap The Chatter' in the subject line. Mail us with your name, occupation and a picture at mybangaloremirror@timesofindia.com or WhatsApp us on 9591233247

Bengalureans embrace passion for long-distance cycling

Long-distance cycling is not just a hobby but a lifestyle choice for many, that aligns with their values of sustainability, fitness, and exploration

Rajajinagar MLA S Suresh Kumar and his team on a long distance cycling to Tirupati

In recent years, there has been a surge in the number of Bengalureans taking up long-distance cycling. This growing trend is fuelled by a combination of health consciousness, environmental awareness, and the desire for adventure. As the city grapples with increasing traffic congestion and pollution, many residents are turning to cycling as an eco-friendly alternative. The freedom and sense of accomplishment that comes with covering long distances on two wheels provide a unique satisfaction that feeds their passion.

Vinesh K, an avid cyclist said, "Cycling groups and communities have sprouted across the city, offering camaraderie and support to both novice and experienced riders. The physical and mental health benefits of long-distance cycling are significant, with many finding it an effective way to stay fit, reduce stress, and build endurance. Additionally, the scenic routes and trails around Bengaluru offer an opportunity to connect with nature, making the experience even more rewarding. We had recently cycled to Goa and it was great fun. As more Bengalureans discover the joys of this activity, it is quickly becoming an integral part of the city's culture."

Cycling is a passion for many, and long-distance cycling has a dedicated following. A group of cyclists, led by Rajajinagar Member of Legislative Assembly, S Suresh Kumar, recently celebrated 11 years of long-distance cycling by embarking on a special 285 kilometre ride to mark their anniversary.

Reflecting on their journey, MLA Suresh Kumar shared, "Our Rajajinagar Pedal Power cycling team first came together in August 2013, when a few friends and I cycled from Bengaluru to Tirupati. We left on August 2nd, reached Tirupati on August 8th, climbed the hills on foot, and had darshan on August 9th. The following year, the same group undertook an eight-day cycling trip from Bengaluru to Dharmasthala. In 2015, we embarked on a 15-day ride to Sabarimala. Now, 11 years later, we returned to Tirupati in August 2024. Our team set off from Bengaluru, covering 172 km and staying overnight in Boyakonda, a village near Madanapalle. The next day, August 4th, we cycled 113 km from Boyakonda, arriving in Tirupati. In 2024 alone, our cycling team has covered a remarkable distance of 4,300 km."

Wojcicki no more
Susan Wojcicki, former YouTube CEO and longtime Google executive, dies at 56

Not sci-fi, this is real world of telemedicine

Surprising 150-year history of long-range medical treatment

In 1874, a surgeon in South Australia telegraphed wound care instructions for a patient 2,000 kilometres away. A few years later, in 1879, a letter in The Lancet medical journal suggested physicians use the telephone to cut down on unnecessary patient visits.

As the telephone and telegraph spread, the idea of telemedicine – literally "healing at a distance" – inspired science fiction writers to conjure up new ways of treating patients across great distances.

Real-world technology has developed in tandem with scifi speculation ever since. Today, certain kinds of telemedicine have become commonplace, while other futuristic tools are in the offing.

The radio doctor and the teledactyl

In his 1909 short story The Machine Stops, English novelist EM Forster described a telemedicine apparatus that, when telegraphed, descends from the ceiling to care for patients in the comfort of their home. His story is also the earliest description of instant messaging and a kind of internet – both important for real-life telemedicine.

In 1924, Radio News magazine printed a cover story showing the future "Radio Doctor". The cover depicts a physician examining a patient through a screen. Although the magazine story itself was a bizarre fiction that had little to do with a radio doctor, the imagery is evocative. In a 1925 cover story for Science and Invention, US writer Hugo Gernsback describes a device called "The Teledactyl" (from tele, meaning far, and dactyl, meaning finger). The device uses radio transmitters and television screens to allow a doctor to interact with a patient. The added twist – the physician touches the patient using a remotely controlled mechanical hand set up in the patient's home.

The evolution of telemedicine has kept pace with advances in information and communication technology. Yet, throughout the 1990s and early 2000s, telemedicine remained little used. It took the covid pandemic to make telemedicine part of modern healthcare

Gernsback was a futurist and pioneer in radio and electrical engineering. Nicknamed the "Father of Science Fiction", Gernsback used fictional stories to educate readers on science and technology, and often included extensive scientific details in his writings.

From seafarers to spacefarers

The radio was important for early telemedicine. In the 1920s, physicians across the globe started using the radio to evaluate, diagnose, treat, and provide medical advice for sick or wounded seafarers and passengers. The radio is still used to provide medical consultation to ships at sea.

In 1955, Gernsback returned to the idea of distance medicine with "The Teledoctor". This imaginary device uses the telephone and a closed-circuit television with mechanical arms controlled by the physician to provide remote patient care. Gernsback said the doctor of the future "will be able to do almost anything through teledoctoring that he can do in person".

In 1959, psychiatrists in Nebraska started using two-way closed-circuit televisions to conduct psychiatric consultations between two locations. This is considered one of the first examples of modern-day telemedicine. Early telemedicine networks were expensive to develop and maintain, which limited broader use.

In the 1960s, NASA began efforts to integrate telemedicine into every human spaceflight program. By 1971, a telemedicine system was ready for trial on Earth – in the Space Technology Applied to Rural Papago Advanced Healthcare (STARPAHC) program. Using a two-way television and radio connection and remote telemetry, the program connected Tohono O'odham people (then known as Papago) with nurses and physicians hundreds of miles away.

Internet and a global pandemic

It wasn't until 1970 that the word telemedicine was officially coined by US doctor Thomas Bird. Bird and his colleagues set up an audiovisual circuit between the Massachusetts General Hospital and Logan Airport to provide medical consultations to airport employees.

From the 1970s onward, telemedicine started gaining more traction. The internet, officially born in 1983, brought new ways to connect patients and physicians.

Satellites could connect physicians and patients across greater distances without the need for two-way closed-circuit TVs. The cost to develop and maintain a telemedicine network decreased in the 1980s, leading to wider adoption.

In his 1999 science fiction novel Starfish, Canadian writer Peter Watts describes a device called the "Medical Mantis". This device allows a physician to remotely examine and perform procedures on patients deep beneath the ocean's surface. In the early 2000s, NASA's Extreme Environment Mission Operations started testing teleoperated surgical robots in undersea environments.

The evolution of telemedicine has kept pace with advances in information and communication technology. Yet, throughout the 1990s and early 2000s, telemedicine remained little used.

It took the pandemic to make telemedicine an integral part of modern healthcare. Most of this is consultations via video call – not so far away from what Gernsback envisioned a century, though so far without the robotic hands.

What's next? One likely factor pushing telemedicine to match the dreams of science fiction will be developments in human spaceflight. As humans progress in space exploration, the future of telemedicine may look more like science fiction. Earth-based monitoring of astronauts' health will require technological breakthroughs to keep pace with them as they travel deeper into space.

(By Debbie Passey, The University of Melbourne, The Conversation)

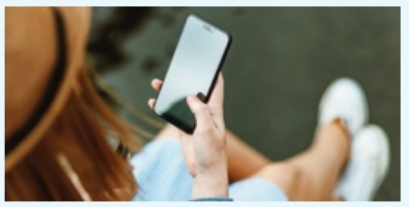
BITS & BYTES

AI THAT BINDS

A new Artificial Intelligence (AI) model that can accurately predict how different proteins bind to DNA has been developed to help reduce the time required to develop new drugs and other medical treatments, according to a study.

The novel technology, developed at the University of Southern California, US is named Deep Predictor of Binding Specificity (DeepPBS). DeepPBS is a geometric deep learning model specifically designed to predict protein-DNA binding specificity from the structures of protein-DNA complexes. **IANS**

SMARTPHONE BUYERS



India is projected to see about 100 million smartphone sales in the second half of this year (July-December period), and online platforms are likely to contribute more than 55 per cent of the total revenue, a report showed on Saturday.

Nearly 80 per cent of these smartphones will be 5G devices, according to the report by market research firm Techarc.

The robust growth will take the total annual sales of smartphones for 2024 to settle at 155-158 million units -- a 7-9 per cent increase in volume sales over previous year.

"The big shift in the strategy of smartphone original equipment manufacturers (OEMs) after the Covid era will start showing its impact in the second half of 2024," said Faisal Kawoosa, Techarc. **IANS**

X SUED

Billionaire Elon Musk-run X social media platform has been sued by a former Twitter board member for $20 million.

Omid Kordestani, former Twitter (now called X) executive chairman, has sued the social media platform, claiming that Musk refused to cash out more than $20 million worth of shares that belong to him, according to reports.

Reports further said that Kordestani had received most of his compensation in stock but after Musk bought the company, he allegedly refused to pay him for those shares, according to the lawsuit.

Musk or X were yet to comment on the lawsuit. **IANS**

HEALTH TIP: There are both antifungal and microbial properties in coconut oil that can help cure ringworm infection

Apple cider vinegar gargles with hot water will work towards healing the throat along with soothing the pain

BangaloreMirror | 12
Sunday, August 11, 2024
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All you need to know about...

Biohacking your diet

Intermittent Fasting
One of the popular diet and fitness trends is intermittent fasting, which caught the attention of many during the pandemic. Intermittent fasting is observed as an eating pattern and not a diet, and hence, it focuses on when one should eat rather than what should be eaten. "Sixteen-hour fasts on a daily basis or fasting for 24 hours, twice a week, are two of the common intermittent fasting methods which aid in weight-loss," says Dietician Brindha S.

The Power Of Superfoods
The nutrient-rich superfoods promote overall health, and the loaded antioxidants and micronutrients could also enhance weight loss, suggest experts. "Superfoods are powerhouses with the needed vitamins and minerals which help the body to find more energy and stamina and improve the digestive health and overall wellness," says Brindha, who feels that eating nutritious foods that satisfy the appetite could make people stick to their eating routines.

Try An Elimination Diet
An elimination diet, as the name suggests, gets rid of something from your diet, and then you can slowly re-introduce it to see how it affects your body. "To biohack your diet, you need to figure what is causing inflammation in your body, and the elimination diet is best for this purpose," suggests Brindha. She adds that in this diet you avoid the suspicious foods that might cause uncomfortable symptoms. The elimination diet relieves symptoms like diarrhea, constipation, and bloating, and results in better moods, mental agility and performance. Talk to a doctor or a nutritionist before making any significant changes to your diet, advises the expert.

—Femina

MUNCHING IN THE RAIN

Just the right taste to make rainy evenings even more delectable

GUR KI LAAPSI

INGREDIENTS
- 5 tablespoons Ghee
- 1/2 cup Cracked Bajra (Pearl Millet)
- 5 teaspoons Sliced Almonds
- 1.5 cups Pre-heated Water
- 1/4 cup Grated Jaggery (adjust to taste)
- 1/2 teaspoon Cardamom Powder
- A Pinch of Saffron (optional)
- 4 teaspoons Sliced Pistachios

METHOD

1 Prepare the Bajra
- Heat a heavy-bottomed pan on medium heat and add the ghee.
- Once the ghee is hot, add the cracked bajra. Stir continuously until it turns golden brown and releases a fragrant aroma. Ensure constant stirring to prevent burning.

Add Nuts
- Add the sliced almonds and sauté for 30 seconds with the bajra. Reduce the heat to low.

Cook the Bajra
- Add saffron (if using) and 1.5 cups of pre-heated water to the pan.
- Allow the bajra to cook until it becomes tender and the water is almost fully evaporated. You will notice the ghee separating along the sides of the pan.

Sweeten and Flavor
- Add the grated jaggery and cardamom powder to the cooked bajra. Mix well.
- Continue to sauté for 2-3 minutes until the jaggery is well incorporated.

Garnish and Serve
- Turn off the heat and garnish the laapsi with sliced pistachios.
- Serve hot for a nourishing and warming monsoon breakfast.
- Enjoy this delightful Gur Ki Laapsi with the added warmth of bajra, perfect for cozy monsoon mornings!

PAZHAM PORI FRITTERS

INGREDIENTS
- 1 Ripe Plantain (the riper and blacker the skin, the better)
- 1 cup All-Purpose Flour (Maida)
- 1 tsp Sugar
- 1/4 tsp Baking Soda
- A Pinch of Salt
- A Pinch of Turmeric Powder
- Approximately 3/4 cup Water (adjust as needed)
- Coconut Oil (for deep frying)

METHOD

Prepare the Batter
- In a wide bowl, combine the all-purpose flour, sugar, salt, and baking soda. While brown sugar can be used, white sugar is also suitable.
- Gradually add about 1/2 cup of water, mixing until you achieve a batter that is slightly more fluid than dosa batter. Be careful not to make it too thin, as this can result in excessively oily appams.
- Stir in a pinch of turmeric powder for colour. This will not affect the taste.

Prepare the Plantain
- Slice the plantain in half, then cut each half vertically. Further slice each quarter into 2-3 thin pieces.
- Dip the plantain slices into the prepared batter, ensuring they are evenly coated.

Frying
- Heat coconut oil in a small kadai until it becomes bubbly. The use of coconut oil is essential for an authentic taste.
- When the oil is just below smoking point, carefully add the batter-coated plantain slices.
- Fry until the pieces turn golden brown and crisp.

Serving
- Drain the fried plantain slices on paper napkins to remove excess oil.
- Serve the hot Pazham Pori with tea for a delightful snack.
- Enjoy this traditional treat with its perfect blend of crispiness and sweetness perfect for the monsoon!

by Chef Rajinder Sareen, Executive Chef, Sheraton Grand Pune Bund Garden Hotel

Poster boy — At the Locarno Film Festival on Saturday, superstar Shah Rukh Khan will be honoured with the festival's Honorary Leopard Achievement Award. In the lead-up to the event, the Locarno Film Festival released a striking poster featuring SRK

Witty response

Here's what Sam has to say to fan's marriage proposal

Samantha Ruth Prabhu never fails to keep her interactions with fans and netizens unique. It is well known that Samantha and her ex-husband, Naga Chaitanya, were one of the most celebrated couples in Tollywood until their separation in 2021. Recently, fans and well-wishers of Samantha have been sending a lot of love to the actress online after Naga Chaitanya got engaged to actress Sobhita Dhulipala. Adding to this outpour of affection is a new reel by a social media influencer, in which he proposes to Samantha and begs her to marry him. The actress did not hesitate to respond to the viral video.

On August 9, a day after the engagement of Naga Chaitanya and Sobhita, an Instagram user took to his social media account to share a reel in which he can be seen packing his bags and heading to Samantha's house to propose to her. The background in the video was an AI gym where he stood and started telling her that he would be financially independent within a few years and that they would make a good pair. The video was captioned, 'On my way to Samantha to tell her that she does not need to worry because I'm always going to be there for her.' He also got down on his knee to propose to her.

Samantha, who is a fitness enthusiast, noticed the gym behind him in the video and replied, 'The gym in the background almost convinced me.'

Fans were happy that she took it in good humour and were relieved to see her staying calm and healthy. Many of Samantha's fans called the influencer a 'green flag' for her.

—ETimes

On the ill-effects of pesticides

KABANDHA

3.0 RATING ★★★☆☆

- **DIRECTOR** Sathyanath
- **ACTORS** Prasad Vasishta, Kishore, Avinash, Prashanth Siddi, Priyanka Malali, Chayashree Umesh
- **CERTIFICATION** U/A
- **Duration** 124 minutes

Director Sathyanath must be appreciated for selecting a story that shows how hapless children in rural areas are being affected by indiscriminate use of pesticides by farmers, who do not have proper awareness about such chemicals.

The movie conveys this much-needed message to society, especially to farmers, though it belongs to the horror genre. The 10-second collage of images at the end adds value to the movie.

The director has succeeded in making the movie with a minimum number of actors and locations.

The movie begins with a farmer spraying pesticide on his crops at Ramohalli. Nachiketa, a boy, faints while playing in the agricultural field and is rushed to a clinic. The next scene is two girls – Swathi and Shruthi – playing near their house. Their mother Rukku (Chayashree Umesh) makes jackfruit porridge and gives it to them. They go to the field where their father Hanuma (Kishore) is spraying pesticide on the crops belonging to a landlord. Ruku is seen waiting for her husband Hanuma to come home. Finally, Hanuma comes home alone. Rukku asks him about Swathi and Shruthi. What happened to Swathi and Shruthi? Who is Nachiketha? What is the role of Avinash is what Kabandha is all about.

Prasad Vasishta, who plays Nachiketha, has acted well. Kishore, as a hapless tenant farmer and the father of two innocent girls, has acted well. The story of his life has a heart-wrenching end.

The movie's drawbacks are lack of comedy and unbelievable scenes at a farm house where a body disappears and the heroine gets a phone call asking her to come to the farm house. It is not clear why the director has selected a well-known director Yogaraj Bhat to play Dr Vaman Rao who appears in three scenes. Avinash too appears in a few scenes. It is worth a watch to understand a serious issue.

—Y Maheswara Reddy

Mother ship

Deepika Padukone's maternity style is effortlessly chic and elegant

Watch this story come alive by pointing your phone camera at the QR code

Don't kiss and tell

The recently released Blake Lively-starrer romance drama 'It Ends With Us' won't see the light of day in Qatar.

The film has been banned in Qatar due to kissing scenes. The country's censorship committee has blocked the PG-13 film, from Sony Pictures and Wayfarer Studios, from a theatrical release, reports 'Variety'.

'It Ends With Us' features kissing scenes and a non-graphic sex scene in which the characters keep their undergarments on. Qatar has very strict censorship rules and a history of banning American movies, including Greta Gerwig's women-empowerment comedy 'Barbie', the animated superhero adventure 'Spider-Man: Across the Spider-Verse' and Marvel's 'Doctor Strange in the Multiverse of Madness' and 'Eternals', all of which were rated PG-13 in the US.

As per 'Variety', Qatar also blocked the R-rated comedy 'No Hard Feelings', in which Jennifer Lawrence goes nude; the 'Toy Story' spinoff 'Lightyear', which features a gay kiss; Pixar's 'Onward', for a vague reference to a lesbian character, and Sydney Sweeney and Glen Powell's 'Anyone but You', which features a couple of steamy romance scenes.

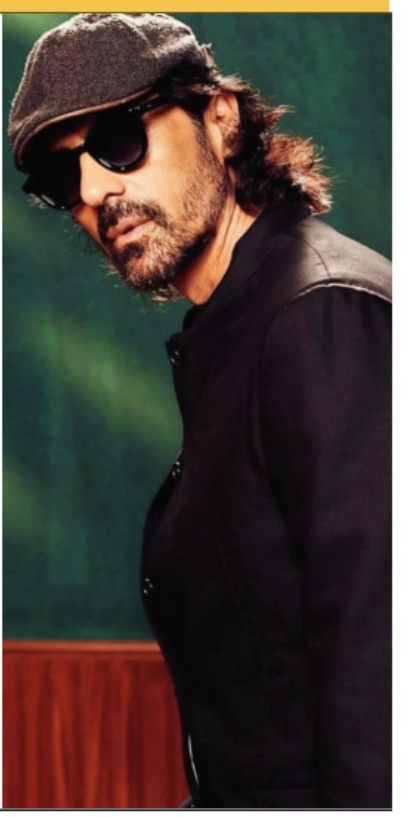
—IANS

Hacked!

Arjun Rampal's X (formerly Twitter) account has been hacked and the actor took to Instagram to caution his fans against responding to any messages or tweets from the compromised account ."Not good news. My X account has been hacked. Please don't respond to any tweets or messages. #accounthacked (sic)", wrote the actor on social media. His partner, Gabriella Demetriades, also acknowledged the situation with a 'surprised' emoji.

Currently, Arjun Rampal is immersed in the shoot of his upcoming project alongside Sanjay Dutt and Ranveer Singh. This Aditya Dhar directorial also stars R Madhavan and Akshaye Khanna in lead roles. Recently, Arjun had shared two mirror photos, revealing that the film, directed by Aditya Dhar, has already commenced production.

— ETimes



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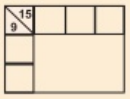
SOLVE IT IN A MINUTE

How many different numbers of 6 can be made using digit 4,4,6,6,6.?

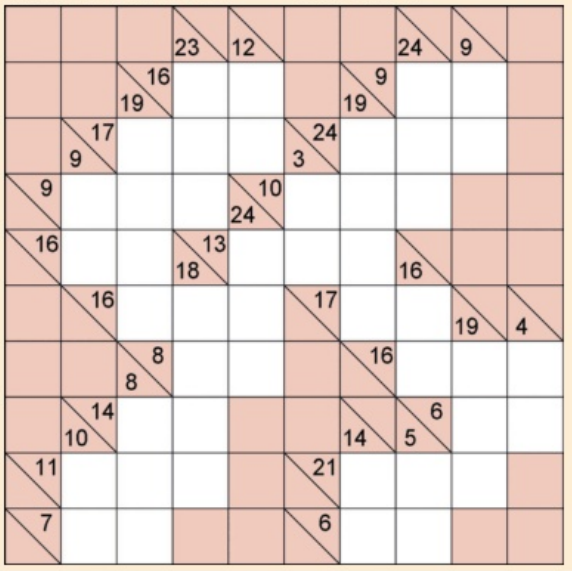
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

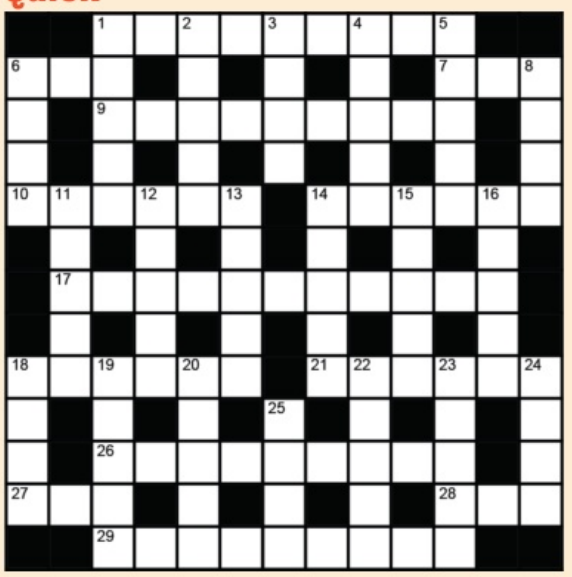


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Bangalore's largest lake (9)
6 A motor vehicle (3)
7 Turk VIP (3)
9 Oral examination of one seeking a job? (9)
10 French tower (6)
14 Nicosia is its capital (6)
17 Transgressed, violated or infringed upon (11)
18 Gambol (6)
21 Brainy (6)
26 A pointer (9)
27 Twin brother of Kush (3)
28 And not? (3)
29 Have a miserable ___ : lead a dog's life? (9)

DOWN

1 Of short duration, concise in expression (5)
2 Underworld river (5)
3 Area of ground (4)
4 Milk supplier (5)
5 More green or less mature? (5)
6 Raise to third power (4)
8 Causes reverence (4)
11 Bring on oneself (5)
12 Ultimate (5)
13 Expressing emotions (5)
14 Municipal (5)
15 Pasta variety (5)
16 Excessive (5)
18 Autumn in New York (4)
19 Popeye's girl (5)
20 A short-tailed lemur–"I rind" anagram? (5)
22 Dead language (5)
23 Jules ____ : SF writer? (5)
24 At the back (4)
25 Scare away (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: H EQUALS U

ANSNDY ORA SEGAF YNH LWROW SHZ YNHEBWQU.

Linemaro

You breathe oxygen? We have so much in common

Mindchow

Your best teacher is your last mistake

Joke of the day

I thought I'd begin by reading a poem by Shakespeare, but then I thought, why should I? He never reads any of mine

Loop

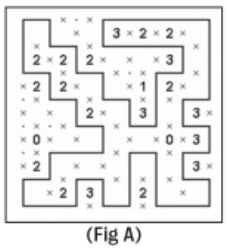
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

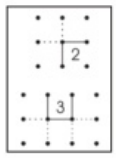
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

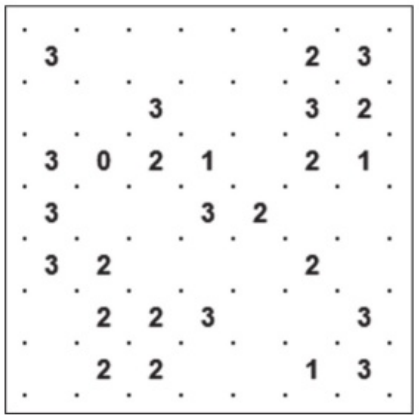
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



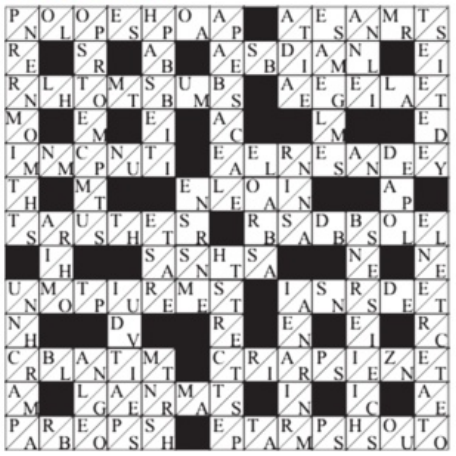
(Fig A)



(Fig B) Not Allowed



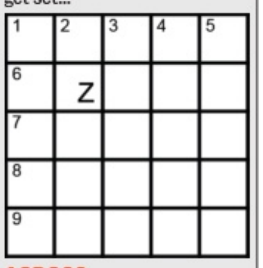
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

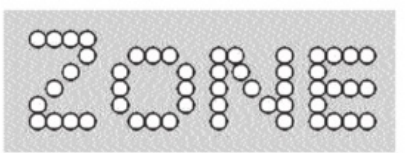
1 Act up; 6 A Zone; 7 Prods; 8 I does; 9 Cutes

DOWN

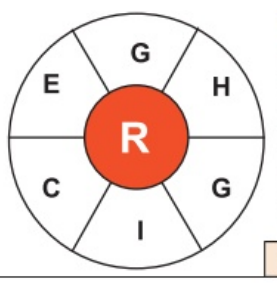
1 Co-eds; 2 I a coz; 3 Duper; 4 Put on; 5 Seats

Mensapuzzle

Solve this dingbat:



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

03 Average; 04 Good; 05 Outstanding

SudokuChallenge

3			4			8	9	5
1			5					
8		6		7	9	4		
		3		9			1	4
		9	7		2	3		
2	6			8		7		
		8	9	2		5		3
					6			7
4	2	7			3			6

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 16

3 4 6 9

Medium = 6

3 3 6 7

Hard = 24

3 5 7 4

HOCUS-FOCUS

BY HENRY BOLTHOFF

Find at least six differences in details between panels.

Differences: 1. Woman is thinner. 2. Paint drip is lower. 3. Finger is moved. 4. Paint can is larger. 5. Tarp is larger. 6. Man's shoulders are wider.

Riddler

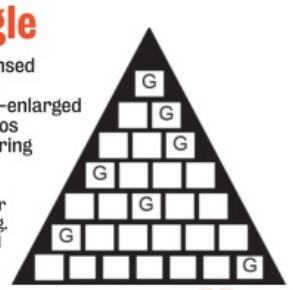
The following sentences have two blanks that can be filled with two words that are anagrams of each other. Please find those words.

1. The long-time coach was always under control and was known for his _____ temperament. So it came as a shock when he got a technical foul for arguing a _____ call.
2. Jennifer's new glasses will certainly _____ her need to continually squint. Her new prescription has much more powerful _____.
3. The fire department was so quick and skilled in the _____ effort that the reporter didn't even see them _____ the rope line to the helicopter.

Alpha triangle

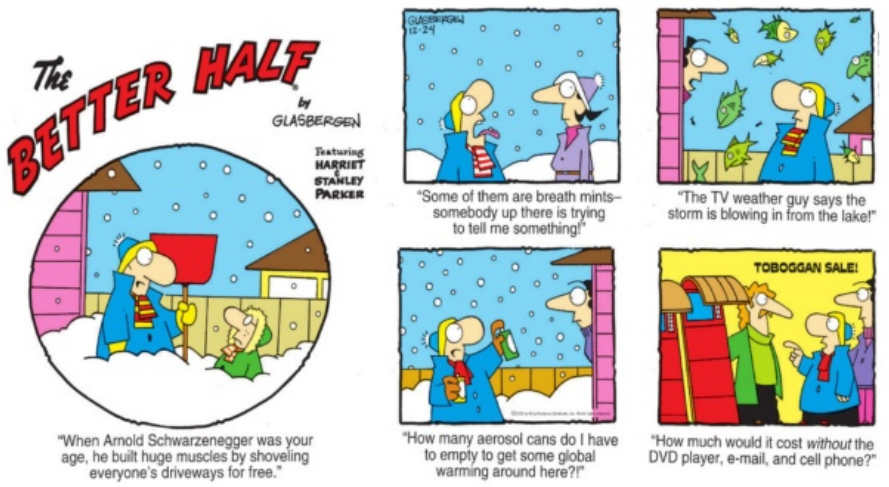
1 1000 colloquially
2 Silver symbol
3 Cloth fragment
4 English elegist
5 Incensed
6 Like over-enlarged photos
7 Differing

Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.



DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS


The BETTER HALF
by GLASBERGEN
Featuring HARRIET & STANLEY PARKER
"When Arnold Schwarzenegger was your age, he built huge muscles by shoveling everyone's driveways for free."
"Some of them are breath mints– somebody up there is trying to tell me something!"
"The TV weather guy says the storm is blowing in from the lake!"
"How many aerosol cans do I have to empty to get some global warming around here?!"
TOBOGGAN SALE!
"How much would it cost *without* the DVD player, e-mail, and cell phone?"

BABY BLUES™
BY RICK KIRKMAN & JERRY SCOTT
MOM! HAMMIE WON'T STOP COPYING ME!
MOM! HAMMIE WON'T STOP COPYING ME!
SEE??
SEE?
HE'S DRIVING ME CRAZY!
HE'S DRIVING ME CRAZY!
IT UPSETS ME SO MUCH THAT ALL I WANT TO DO IS TAKE A BATH AND DO HOMEWORK!
IT UPSETS ME SO MUCH THAT ALL I W–
NEVER MIND. I HANDLED IT MYSELF.

PREPARE TO DIE, EARTHLING.
NOT JUST YET...
FLASH GORDON
HAVING BARELY SURVIVED THE DARK DIMENSION, DAZED, DISORIENTED, FLASH STANDS DEFENSELESS AS HIS UNKNOWN ASSASSINS APPROACH!
YOU CALLED ME "EARTHLING"... THEN YOU KNOW WHO I AM, WHO ARE YOU AND WHERE AM I?!
INSOLENT AS EVER.
I AM GARAKAHN.
THIS FORTRESS HOLDS THE REMNANTS OF THOSE STILL LOYAL TO OUR LORD, MING.
WE WAIT, EVER VIGILANT, FOR HIS TRIUMPHANT RETURN AS THE TRUE AND RIGHTFUL RULER OF ALL OF MONGO!
JIM MEEVE 9-4
YOU'RE ALL MAD! MING'S DEAD!
HERETIC! YOUR HEAD SHALL ADORN MING'S SCEPTER!
NEVER!
THUD!
NO...THE MIRROR! HELP ME! NO...NO...
NOOOOOO
GORDON'S ESCAPING! SOUND THE ALARM!
NEXT: THE FORTRESS OF DOOM!

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today is not a good day due to anxiety and restlessness.You may waste your precious time doing worthless tasks. You may plan to visit some religious places to seek peace of mind. You may get some advice from your elders, which may show you some direction to manage the messy situation.

Taurus Apr 21 – May 20
Today in social get together, you will reestablish your network, which will give you benefits in near future. Natives related to glamour, art, fashion will plan to do something new in terms of their profession. Students will perform better today in terms of study. Love birds will enjoy their happy moments.

Gemini May 21 – Jun 21
Today you may be busy on the work front, which may make you tired and may be not able to properly spend time with your family. You may be able to create some overseas networks also. You should be careful in terms of investments. Natives in the job may get a promotion.

Cancer Jun 22 – July 23
Today's situation is under control now. Your destiny is likely to be with you in terms of gains in business. You may get some rewards for your hard work. It may be a good time to reinit iate your postponed projects. You may expect peaceful religious travel. You may also plan to donate some amount to any religious place or to some charity.

Leo Jul 24 – Aug 23
Today your moon is not in a good position; you may have health issues. You may face losses in the business or in investment. It is advised not to invest into business. Your gains will convert into losses, so you are advised to stop making investments in worthless objects. You should avoid being involved in controversies, otherwise it will pull you down negatively.

Virgo Aug 24 – Sep 23
You are blessed by the moon today. You may expect some good news in terms of profession. Domestic life is likely to be in full swings of joy. You are advised to avoid making arguments on worthless topics. Over excitement may test your patience. You can make important decisions in making investments in real estate. Students may be focused on their studies.

Libra Sep 24 – Oct 22
You will feel some dullness but somehow you are likely to get back to your work. You may pay extra attention to the kid's academics. You are likely to be in the winning position against your enemies and opponents. Investors shall be careful while making difficult decisions. Job seekers may find suitable jobs.

Scorpio Oct 23 – Nov 22
Today you may find negative vibrations around you, which may make you unhappy. You should avoid making investments on worthless assets. You may notice that friends may not be supportive today, so you should not expect more from them for help, otherwise it may make you more upset. You should make independent decisions today.

Sagittarius Nov 23 – Dec 22
Today you may feel dull; you may face obstacles in your work front. You should keep patience in making investments. Quick decisions in business are not advisable today. You are likely to spend moneyon worthless stuff, which may make your family unhappy.

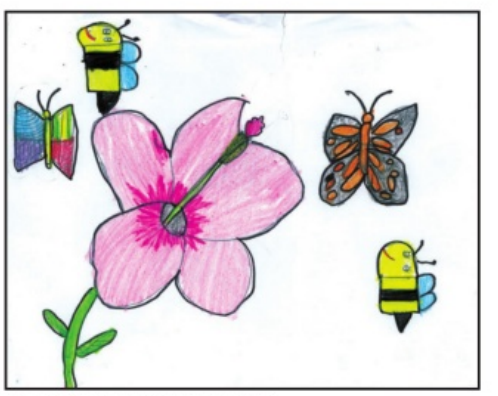
Capricorn Dec 23 – Jan 20
Today your hard work may pay you in terms of success. You may plan to go for a short work related trip. Your subordinates may support you in implementing your business plans. Your opponents may praise your hard work. You may hear good news in terms of siblings.

Aquarius Jan 21 – Feb 19
Today you may be able to control your expenditures on worthless stuff. You are likely to plan to invest capital in the business. You may invest your savings into some real estate projects, which will boost your financial health in the near future. You may be polite with others. You may be able to focus on domestic affairs but your spouse will become upset or will have some health issues.

Pisces Feb 20 – Mar 20
Today you may have good vitality and inner wstrength. You are likely to make good plans and may implement them efficiently. You might carefully read documents before putting a signature. Due to over enthusiasm, you may invest some capital into family business. Love birds shall avoid discussing worthless topics.

KIDZONE

Kaveri Sriram, 10 years, Valistus International School



Aarushi Anand, 6 years, Sherwood High

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
To form a 6 digit number from among 5 digits 4, 4, 6, 6, 6, the repeat of either a 4 or a 6 would be required.
Number of 6 digit numbers
= Number of digits from 446666 + Number of 6 digit numbers from 444666
= P(6; 2, 4) + P(6; 3, 3)
= 6!(2! X 4!) + 6!(3! X 3!)
= 15 + 20
= 35

BULL'S EYE
CHIGGER, heir, hire, rice, rich

FAST FIVE

C	A	P	U	T
O	Z	E	N	A
D	O	R	P	S
E	I	D	O	S
S	C	U	T	E

STRIKE OUT

P	R	E	S	S		E	A	R	S	H	O	T		
A		G	E	R	M	S		I		C		A		
C	L	A	I	M		T	R	A	P	E	Z	E		
N		V		E		N		E		R				
U	M	P	I	R	E	S		I	N	S	E	T		
	I		A	N	T	S		E		N				
S	A	S	H	E	S		B	A	B	B	L	E		
T		T		E	L	A	N			A				
	I	N	P	U	T		A	L	R	E	A	D	Y	
M	M		I		C		L		D					
R	H	O	M	B	U	S		A	G	I	L	E		
E		R		A		S	I	A	N		E			
P	O	P	S	H	O	P		T	E	A	M	S		

QUICK

MENSA PUZZLE
o-zone.

QUOTE UNCODE
Nobody can bring you peace but yourself.
3. rescue, secure

RIDDLER
1. reserved, reversed,
2. lessen, lenses &

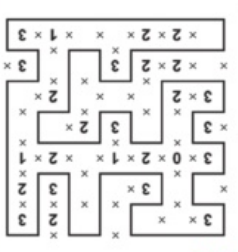
SUDOKU

3	7	2	4	6	1	8	9	5
1	9	4	5	3	8	6	7	2
8	5	6	2	7	9	4	3	1
7	8	3	6	9	5	2	1	4
5	4	9	7	1	2	3	6	8
2	6	1	3	8	4	7	5	9
6	1	8	9	2	7	5	4	3
9	3	5	8	4	6	1	2	7
4	2	7	1	5	3	9	8	6

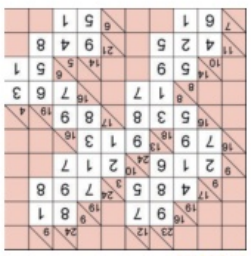
ALPHA TRIANGLE
G, Ag, Rag, Grag, Angry, Grainy, Varying.

GO FIGURE
Easy
6 + 9 + 4 − 3 = 16
3 − 7 + 6 X 3 = 6
Medium
5 + 7 − 4 X 3 = 24
Hard

LOOP



KAKURO



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TWS
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